#### Navy Medical Service Corps

One Corps. Many Specialties.

# THE RUDDER

Sailings of the Medical Service Corps



Page 3 January 2019

#### INSIDE THIS ISSUE:

From the MSC Director	1
From the Corps Chiefs Office	2
From the Detailers	3
Specialty Spotlight	4
MSCs In Focus	7
Contacts	20

#### **Newsletter Spotlight**



The Secretary of the Navy, Richard V. Spencer, poses for a photo with the MSCs of NAMRU-3.

Newsletter Editor LCDR V. Deguzman Newsletter Staff LCDR D. Zweiback LCDR A. Espiritu LCDR N. Kelm LT B. Tice LT J. Wagner



### FROM THE MSC DIRECTOR



It's February 2019 and our 19<sup>th</sup> Director of the MSC has been selected. Congratulations Rear Admiral Select Tim Weber! I look forward to seeing him implement his vision for the Corps. We will hear more from Rear Admiral Select Weber in the coming months and he will let us know what the Surgeon General has planned for him.

Heritage, Excellence, and Integrity have been the tenets of my tenure as the Director. I empower each of you to continue to Honor Our Heritage, Commit to Excellence and Lead with Integrity in all you do. As 2019 is in full swing and all the transition and change that is upon us in military medicine, these tenets are more important than ever. As we keep focused on the mission, I am clearly reminded that the most important tool in our arsenal right now is leadership.

Brené Brown, in her book <u>Dare to Lead</u>, said it best, "I define a leader as anyone who takes responsibility for finding the potential in people and processes, and who has the courage to develop the potential." That is our duty in the Navy and I hope, that my legacy is that I found the potential in my Sailors and Officers and developed that potential. The most rewarding parts of my career have been when I was able to promote someone, write a letter for an advancement package or advanced education. I challenge you to look at your staff, your division, your department and find that potential. We only succeed when we create our successor. We have a medical mission to accomplish, but it is people that accomplish that mission. We succeed by developing leaders and leading.

I am very proud of the work that the men and women of our corps continue to do each and every day. I say over and over again that it takes village to run this corps. The detailers, the Corps Chiefs Office, Officer Community Manager, personnel planner and Specialty Leaders work very hard to keep our corps moving forward. I am grateful for all of their hard work. My message to you is simple this month. Lead.



4/8

### CUSTOMS AND HERITAGE



WHAT'S A MCLO?
Submitted by CDR F. R.
Tittmann, MSC, USN, Medical
Construction Liaison Officer
Specialty Advisor

The Medical Construction Liaison Officer (MCLO) community continues its unprecedented success and growth as primary training sites at San Diego, CA, and Norfolk, VA, are being developed. Utilizing available resources found in the Facilities Division of the Bureau of Medicine and Surgery and the Defense Medical Facilities Office of the Assistant Secretary of Defense (Health Affairs), Washington, D.C., has been added as the third point of CONUS/ OCONUS MCLO coverage.

A definitive career path for progression from Ensign to Captain has been identified and the MCLO goal to "Inspire a Vision for the Future" is closer to reality. Congratulations to all Primary Specialty code MCLOs in the 0-4 and 0-5 primary promotion zone; everyone was selected for promotion!



"First Tour" MCLOs can expect to be assigned to a MCLO team at San Diego or Norfolk to experience "hands on" training and health facility planning orientation. Independent duty or assignment to Washington may follow qualification as an 1804S. OCONUS assignments in Italy promise to continue as well as tours in the pacific to support Japanese facilities improvements and other potential projects.

The Navy's Military Construction Program continues to thrive as the massive \$330 million replacement project for Naval Hospital Portsmouth approaches 60% design completion and FY92 projects at Cherry Point, Camp Lejeune (New River), Dallas, Fallon, and San Diego (NTC), move through congressional committees without challenge. Construction at Naval Hospital, Twentynine Palms is on schedule, as are efforts at Sigonella, Quantico, Dam Neck, Courthouse Bay (Camp Lejeune), and Naval Hospital Charleston.

The overwhelming support of the MSC Detailer and Director, Medical Service Corps has been invaluable in rejuvenating the specialty. If you would like further information regarding how you can directly impact the environment of Naval healthcare delivery for the next century, please contact CDR Rick Tittmann, MSC, USN, MCLO Specialty Advisor, at DSN 289-0904 or (703) 756-0904.

This excerpt is taken from the November 1991 issue of the Medial Service Corps Professional Bulletin. This is the Specialty Spotlight for what is now called 1804 Health Facility, Planning and Projects Officers.



#### **MSC Detailers**

CAPT Shane Vath (Senior MSC Detailer/HCC/Med Techs)
Email TBD
(901) 874-3756

CDR Rona Green (HCA) Rona.green@navy.mil (901) 874-4120

CDR Steve Griesenbeck (HCS/PAs) John.s.griesenbeck@navy.mil (901) 874-4115

#### FROM THE DETAILERS

### PROMOTION BOARD SEASON IS UPON US – Is Your Record Accurate and Up-to-Date?

Officers are responsible for ensuring their record is accurate and up-to-date. Utilize link below to access record management guide. This guide provides instructions and points of contact for updating your record. Detailers can only update some AQDs. Detailers do NOT have access or ability to update other sections of your record. Sending detailers anything other than AQDs will only delay record updating process. If no action/response can utilize My Navy Career Center, see below. Promotion Boards see your Officer Summary Record (OSR), Performance Summary Record (PSR), and official photograph when voting on your record "in the tank". The Board Member assigned to brief your record also reviews your FITREPS, awards, letter to board and other supporting documentation. While you should verify the accuracy of your entire record, you should focus your efforts on ensuring that your OSR, PSR, Photograph, FITREPS, and Awards are accurate and up-to-date. While multiple AQDs and awards demonstrate your experience and accomplishments, documented sustained superior FITREP PERFORMANCE in challenging leadership positions with increasing scope/impact is best indicator for promotion success.

-Officer Record Management Guide:

https://www.public.navy.mil/bupers-npc/officer/Pages/default2.aspx

-Officer Board Information, Officer Photographs, etc:

https://www.public.navy.mil/bupers-npc/boards/activedutyofficer/Pages/default.aspx

-MyNavy Career Center:

Phone: 1-833-330-MNCC (833-330-6622); MyNavy Career Center Email: ask-

mncc@navy.mil; MyNavy Portal: https://my.navy.mil/

#### **ORDERS RELEASE UPDATE:**

Fiscal climate at Navy Personnel Command (PERS) remains healthy and PERS has been releasing PCS orders about 6 months prior to detach month.

Each officer has an integral part in the orders negotiation and release process. Essential to this process is timely response to specialty leader and detailer communications. After orders negotiation, your detailer enters or "proposes" your orders in an electronic system. Once proposed, the orders electronically route through 14 subject matter experts who review the order proposal to ensure accuracy and obligate funds. Being incomplete or delinquent in any review stage results in an order processing "all stop". An example of a common all stop is having an expired Exceptional Family Member Program package. After orders are released officers are responsible for timely completion of specific billet requirements such as Overseas and Operational Screenings.

If you have a one year or less away from your projected rotation date (PRD) and have not already begun discussing the PCS plan with your Specialty Leader and Detailer, please reach out to them to initiate communication.

#### LETTER'S OF INTENT (LOIs):

PERS no longer provides LOIs now that orders are being released 6-months prior to the detach month. Please discuss specific order release concerns with your detailer.

# Specialty Spotlight

#### Our Impact -

#### What We Do, Where You Find Us

From theater to garrison, Navy Medicine Information Management/Information Technology (IM/IT) officers are a dynamic community of skilled, seasoned professionals and leaders who enable and enhance healthcare delivery across the Navy, Marine Corps, and larger MHS. Approximately 75 percent of our officers are prior enlisted members of the Navy, Marine Corps, Army, and Air Force and have a wide range of ratings and specialties.

IM/IT officers serve in Department Head billets at Naval Health Clinics, Naval Hospitals, and Naval Medical Centers; Deputy Chief of Staff billets at Regional Headquarters; staff positions at the Bureau of Medicine and Surgery (BUMED); key roles at the Defense Health Agency (DHA) Deputy Assistant Director, Information Operations (DADIO) and Transitional Intermediate Management Office (tIMO), as well as aboard the USNS COM-FORT (T-AH 20) and USNS MERCY (T-AH 19), and at the NATO Role III Multinational Medical Unit (MMU) in Kandahar Afghanistan. We deliver IT expertise and guidance to senior leadership, research, public health, education, operational medical units, and support teams with a wide range of tools to maximize warfighter readiness and health -- all the while ensuring our networks, systems, and equipment are expertly defended from the full spectrum adversarial threats.

While deployed in Afghanistan, for example, IM/IT officers are responsible for supporting over 150 clinical and support staff providing trauma critical care to the wounded, and dental and primary care to U.S. service members and Coalition Forces. On any given day, we perform the duties of the CIO, System Administrator, Network Administrator, technician, Information Systems Security Manager (ISSM), a Command Security Manager, and/or a support element, like weapon check-in/outs or mass casualty receiving. If we happen to de-



Kandahar Airfield, Afghanistan: Left: LT Yekaterina (Katya) Anderson, S-6. Right: LT Christina Blum, Internal Medicine Physician

ploy with curious and willing colleagues, we'll even put an internal medicine physician on our team to assist with fixing printers.

During MHS' period of unprecedented operational and infrastructure change, we are also leading teams through the deployment of the DHA Datacenter to Desktop (D2D), Medical Community of Interest (Med-COI), and the MHS Genesis electronic health record (EHR). Once realized, the new data networks and the new EHR will enable a modern, agile healthcare IT environment that delivers a unified, secure, and consistent IT platform to provide care to our patients.

#### **Honing Our Craft**

Training our officers to gain the essential knowledge, skills, and abilities (KSAs) for executing the full spectrum of IM/IT operations requires a diverse mix of on the job training, service schools, out service fellowships, and graduate level in service education. Navy Medicine has a joint training pipeline with Army Medicine IM/IT officers at Joint Base

"From theater to garrison, Navy Medicine Information Management/Information **Technology** (IM/IT) officers are a dynamic community of skilled, seasoned professionals and leaders who enable and enhance healthcare delivery across the Navy, Marine Corps, and larger MHS.

#### IM/IT Officers

Subspecialty Code 1803

End Strength: 42 Billets: -Primary: 45 -Secondary: 2

Reserve Billets = 0

Billet types:
MTF: 24
DHA: 15
HQ Staff (Echelon
II/III): 5
Fleet Support: 3

# SPECIALTY SPOTLIGHT

San Antonio to foster and develop operational IT requirements. The Army Medical Information Management Course (MIMC), also known as the 70 Delta Course, is a two phased program designed to prepare medical service corps (MSC) officers in executing IM/IT missions in both military treatment facilities (MTFs) and operational settings.



Joint Base San Antonio-Camp Bullis - Pictured (L-R) LT Ryan O'Neil and LCDR Adam Sharrits participate in the 70D Training Phase 2

Traditional graduate level training is completed via inresidence DUINS at the Naval Postgraduate School in
Monterey, CA leading to a Master of Science degree in
Network Operations and Technology (NWOT). The curriculum consists of a professional practice core and specialization in two tracks of study in Information Domain
Operations and Information Systems Management. The
Naval Postgraduate School affords our officers the opportunity to maximize joint leadership opportunities and to
conduct leading-edge research, assessment, and analysis
that translate directly to their roles as CIOs in complex
medical facilities and global distributed maritime environments.

Our officers also attend the University of San Diego (USD) to earn a Graduate Certificate in Health Care Informatics during a 12-month residence. Upon completion, we have knowledge of the most current industry practices in healthcare information systems management, healthcare information systems integration into clinical workflow and care delivery, and healthcare clinical and business analytics and informatics.

However, the mainstay for training and developing of IM/IT officers is on the job training (OJT). Given the complex, rapidly evolving technology environments in the IM/IT world, practical "real world" application of technical skills is the key to effective operations. While we must have a solid understanding of the technology, policies, cyber security, HR, and acquisitions, the key to successfully accomplishing the mission is being, as one commanding officer coined, an "IT Social Worker" – being able to demystify a complex IM/IT world to medical staff and effectively connect them with the technology resources they need to deliver the best care possible to our patients every day.



Monterey, CA - Network Operations and Technology Students at NPS. Pictured (L-R) LT Kenneth Bush and LT Chris Skirvin

# Specialty Spotlight



Orlando, FL - IT/IM MSC Officers at the Defense Health Information Technology Symposium, 2018.



Orlando, FL - Pictured L-R: LT Gabriel Urquidez, VADM C. Forrest Faison, Navy Surgeon General, and LCDR Jeffrey Dixon during the 2018 Defense Health Information Technology Symposium.

Falls Church, VA - Team of 1803 Officers participates in CAPT Arthur Anthony's Retirement Ceremony, Aug 2018. Pictured (L-R) LT Neville Willoughby, LCDR Marion Vanzie, CAPT Gabriel Brown, CAPT Arthur (Art) Anthony, CDR Donna Poulin, LT Nabil Tahan, LCDR Jeffrey Dixon.



# MSC Research Physiologist Investigating CNO Top Safety Priority of Physiological Events Within F/A-18 Community

By: LCDR Seth A. Reini, PhD, Assistant Specialty Leader, Research Physiology

The U.S. Navy's premier tactical aircraft platforms, the F/ A-18 and EA-18G, are experiencing physiological episodes due to unexplained cabin pressure fluctuations resulting in Navy Pilot injuries, collectively termed Physiological Events (PEs). Rapid cockpit pressure fluctuations and resulting PEs are the Chief of Naval Operations' (CNO's) top safety concern within Naval Aviation and directly affects operational readiness of the F/A-18 fleet. Navy Air Boss VADM Shoemaker said, "PEs are a complex problem set that have challenged our ability to determine root cause for the failures and we aren't there yet. This is the Naval Aviation Enterprise (NAE) number one safety priority and focus area, and we are taking a 'resource unconstrained' approach to the problem." One of the primary officers dilligently working to solve this critical operational issue is LT Travis Doggett, an active duty Research Physiologist stationed at the Navy Experimental Diving Unit (NEDU) in Panama City, FL.

In January 2018, NEDU partnered with Naval Air Systems Command F/A-18 and EA-18G Program Management Office (PMA-265) and the Naval Surface Warfare Center - Panama City Division (NSWC-PCD) to establish the Aviation PE Research Team. With LT Travis Doggett as Principal Investigator, their mission was to elucidate the physiological consequences of aircraft cabin-pressure oscillations. LT Doggett coordinated the efforts of dozens of subject matter experts, physicians, scientists, and engineers in Diving Decompression Theory, Hyperbaric Medicine, and Hyperbaric Engineering to design, manufacture, and operate a one of a kind altitude simulation system specifically to conduct manned testing into PEs. The resulting In the days leading up to the first human subject volunsystem, designed and fabricated by NSWC-PCD engineers, was the Fluctuating Altitude Simulation Technology (FAST), a unique system for human subject research, aimed at replicating the rapid cockpit pressure fluctuations observed in the F/A-18 through the combination of highpressure air and a large vacuum chamber.

Led by Principal Investigator, LT Travis Doggett, the Research Team is conducting the first-of-its-kind human subject biomedical research investigating Physiological Events plaguing Naval Aviation. Through pre- and postphysiological testing, this research is designed to identify symptomology associated with rapid cabin pressure fluctuations at altitude. Symptomology to be explored includes barotrauma, vestibular dysfunction, cognitive dysfunction, venous gas bubbles, and decompression sickness. The data obtained through the ancillary pre- and post



The FAST system is capable of replicating the rapid cabin pressure perturbations observed and recorded within the F/A-18 community.

-testing will help to identify research areas worthy of further investigation and stimulate potential follow-on manned studies that can fully explore the man-machine interface to include aircraft life support systems such as the On Board Oxygen Generation System (OBOGS). The Research Team's tireless efforts will directly enhance the mission readiness of Naval aviators across the fleet, assist restoration of operational tempo, and provide reassurance and guidance to fleet aviators and leadership.

teers entering the FAST system for testing, NEDU and Panama City were devastated by Hurricane Michael, the strongest storm to hit the panhandle of Florida in decades. The hurricane slowed progress toward human subject testing, but LT Doggett maintained focus on returning to full operations as quickly as possible. As soon as it was safe to return to NEDU, LT Doggett and the Research Team charged forward to restore FAST system operations and initiate manned testing. On 05 November 2018, less than four weeks after the third-most intense hurricane hit the continental U.S., manned testing started. In January 2019, testing of the required 70 human subjects was completed, supporting an on-time test completion and Technical Report delivery in March 2019.

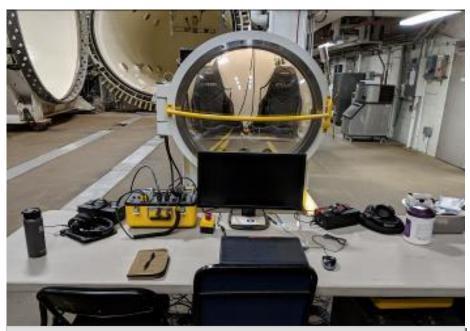
# MSC Research Physiologist Investigating CNO Top Safety Priority of Physiological Events Within F/A-18 Community (continued) By: LCDR Seth A. Reini, PhD, Assistant Specialty Leader, Research Physiology

The efforts of LT Doggett and the Aviation Research Team were recognized by the Chief of Naval Operations, ADM John Richardson, on 12 DEC 2018. During his visit, the CNO observed all elements of the Aviation PE research study. He participated in prescreening exams, including neurological examination, tympanography, and cognitive function exams. His visit concluded with observation of two NEDU subjects completing the max pressure fluctuation profile. His discussion topics included experimental design and expectations for the PE study, interim study results, and future follow-on studies at NEDU to integrate the F/A-18 OBOGS into the system.

The FAST System coupled with superb scientists such as LT Travis Doggett, PhD, will provide Navy leadership vital information needed to help solve the CNO's top safety concern, impacting the Navy's ability to operate safely in the airspace of its choosing, without physiological hindrance. NEDU and LT Doggett's aviation-based research study conducted at a diving command demonstrates that, in the end, the US Navy is one big family and in the face of a serious crisis, its different communities come together to tackle and solve the problem. One team, one fight. Hooyah Deep Sea and Fly Navy!



Chief of Naval Operations ADM John Richardson listens intently as Principal Investigator LT Travis Doggett (left) and NEDU Commanding Officer CAPT Jay Young (right) explain the operation of the FAST system and the physiological human-subjects data collected.



The FAST consists of a two-person hypobaric chamber, control rack, operation and environmental monitoring computer, and external vacuum tank.

# BRAVO ZULU 2019 Hero of Millitary Medicne



It is with great pleasure that the Corps Chiefs Office announces the 2019 Hero of Military Medicine for the Navy (posthumously) CDR Erin Simmons, MSC, USN. CDR Simmons served as a Navy Clinical Psychologist for 11 years before her passing on August 21st, 2018.

CDR Simmons was known for identifying gaps in military mental health and developing innovative improvement projects to meet patients' needs. Her impact on military mental health is truly inspiring. Below are a few of the areas where she made some of her most significant contributions.

- Warrior Recovery Program Navy Medicine's first intensive outpatient education and treatment program for mild traumatic brain injury (mTBl) and post-concussion syndrome.
- Back on Track A two week intensive outpatient program for combat stress related injuries. At the time she created it, Back on Track was the DoD's only multidisciplinary intensive outpatient treatment program for active duty service members with combat-stress related injuries.
- Operational Adversity and Stress Injury Support (OASIS) program OASIS is the Navy's only residential, evidence-based, multidisciplinary trauma treatment program.
- Mental Health Operational Outreach Division (MHOOD) at Naval Medical Center San Diego (NMCSD) The San Diego region's only dedicated mental health walk-in clinic for active duty Sailors and Marines. The MHOOD partners with Fleet and Family Services Counseling Center, the outpatient mental health clinics, and the central referral appointment booking service to ensure that service members receive necessary mental health resources in a timely manner. For service members who do not require formal mental health treatment, the MHOOD also provides a series of classes designed to improve coping skills.

CDR Simmons cared deeply for the women and men serving in the armed forces. No matter where the military sent her, CDR Simmons looked for ways to improve care and processes to enhance the lives and health of her patients. While serving as the program director for the OASIS program, CDR Simmons has left a legacy that has helped to shape the treatment of trauma, PTSD, and disaster mental health in the military.



LCDR Michelle Miller (1893) Senior Physician Assistant Officer of the Year



LT Andrew Hoy (1825) Radiation Health Officer of the Year



LCDR Gennell Kidder (3110) Financial Management Officer of the Year



LT Christopher Olsen (1860) Environmental Officer of the Year



LCDR Jesse Schmidt (1888) Senior Pharmacy Officer of the Year



LT Albert Lee (1873)
Junior Physical Therapy Officer
of the Year



LT Jason Spruill (1874)
Occupational Therapy Officer of
the Year



LT Kevin Keeley (1887)
Junior Pharmacy Officer of the Year



LT Maggie McCarthy (1862) Audiology Officer of the Year



LT Kamalan Selvarajah (1801) Junior Patient Administration Officer of the Year



LCDR Nicholas Schaal (1861) Industrial Hygiene Officer of the Year



LT Carolan H. Whitney ((1893) Junior Physician Assistant Officer of the Year



LCDR Cassie Sipe (1876/77)
Dietetics/Food Mgmt Officer of the Year



LT Angel Camacho (1801)
Operational Patient Administration Officer of the Year



LT Mickenzie Pearson (1805)
Plans, Operations & Medical Intelligence Officer of the Year



LT Travis Doggett (1835) Physiology Officer of the Year



LCDR Marissa Greene (1873) Senior Physical Therapy Officer of the Year



LCDR Jessica Woody (1801) Senior Patient Administration Officer of the Year



LCDR Jeffery Hertz (1850) Entomology Officer of the Year



Cairo, Egypt- The Secretary of the Navy, Richard V. Spencer, visits NAMRU-3 to meet with the staff who briefed him on current operations by Acting Commanding Officer, LT Terry Rhoderick. Pictured (L to R) - LT Terry Rhoderick (Comptroller), LCDR Gavin Clough, Honorable Richard Spencer, CAPT Mark Light, and HM1 Markathony Castelo (a recent MSC IPP selectee for Lab Officer).



Iraq - Top left picture: LT Brad Rivera, Physician Assistant and Lead Action Officer for the relocation to Northern Iraq, poses for a photo with Neptune. The three are the only MSCs among the 36 pax team. Top right picture: LT Ryan Swensen, Patient Administration Officer with the Navy EMU Role 2 recites the Oath of Office during his promotion ceremony.



Pearl Harbor, HI -MSC's from the Directorate of Clinical Support Services in Naval Health Clinic Hawaii pose for a photo after receiving the Patient Safety Champion award for their efforts in improving patient safety reporting. Pictured (L-R) - LCDR Vince Deguzman, Pharmacist; CDR Eric Barnes, Optometrist and DCSS; and, LCDR Brittany Jansen, Physical Therapist.





From left to right: LiTJG Robert Grizzle (HCA), LCDR Tyler Towers (HCA), CAPT Richard Hagerty (HCA), LiT Shanzon Jackson (HCA), LCDR Jeffrey Esteman (HA), LiT LaMont Simmons (HCA), CDR, Jaime Montilla (HCA), LiT Caroline Suchanan (HCA).

#### HAPPY HOLIDAYS

NAVY EXPEDITIONARY MEDICAL SUPPORT COMMAN



From Left to Right: LT Dave Crain (Medical Logistics), CAPT Mike Kemper (Medical Logistics), LCDR Chris Washington (Medical Logistics), LT Rachel Smith (Medical Logistics), CDR Chris Morrison (Medical Logistics)



Portsmouth, VA - RDML Anne Swap and the Corps Chiefs office hosts the annual Specialty Leader Meeting at the Rivers Edge Conference Center aboard the Naval Medical Center Portsmouth campus.



Portsmouth, VA-Pictured back row (L-R) - LT Viktor Koltko, Psychology Intern; LT Matthew Sturgeon, Psychologist; LT Aaron Weisbrod; Psychologist; LCDR Michael Domery, Psychologist; LT David Howerin, Psychologist; LT Gretchen Kirk, Psychology Postdoctoral Fellow; LT Julia Von Heeringen, Psychology Intern; LT Gregory Regts, Psychologist; CDR Porter Evans, Psychologist; LT Kendall Moore, Psychology Intern; LT Stephanie Snyder, Psychology Postdoctoral Fellow; LT Jared Bollinger, Psychology Intern. Front row (L-R) - CAPT Carrie Kennedy, Clinical Psychology Specialty Leader; LT Amber Hekler, Psychology Intern; LT Debra Hoffmann, Psychology Postdoctoral Fellow; LT Michael Lombardi, Psychology Intern; LT EricNeumaier, Psychologist; CAPT Arlene Saitzyk, Assistant Clinical Psychology Specialty Leader.

# January 2019 Crossword Puzzle

By: LT Rommel R. Rabulan

\*\*\*Answers do not contain punctuations or symbols\*\*\*

Across

Down

Navy Tuition Assistance has a fiscal year cap of     per individual (Hint: no spaces and/or punctuation)	<ol> <li>Sailor is the Navy's program to improve and modernize personnel management and training systems to more effectively recruit, develop, manage,</li> </ol>	
Designator for Medical Service Corps	reward, and retain the force of tomorrow.  6. Navy Physical Readiness instruction (Hint: no spaces and/or punctuation)	
4. Ensure personnel distribution meets the needs of the Navy while at the same time focusing on those key issues that affect your career path, goals, and plans to meet those goals (Hint: plural)	1	
Program intended to give COs the opportunity to recognize their best Sailors (E-5 and below) by advancing them when they are ready for the next level of responsibility (Hint: abbreviated)    Total Company	2 3	
***Scan and email your answers to rommel.r.rabulan@navy.mil. The winner will be recognized on the next edition of The Rudder.***		

### IN MEMORIAM

David Richmond Metcalf
Lieutenant Junior Grade
United States Navy
27 March 1976 – 02 January 2019



Lieutenant Junior Grade David R. Metcalf enlisted in the Navy in 1999 and served as a SEAL operator on the west coast. David completed three combat tours in Iraq between 2003 and 2007 in support of Operation Iraqi Freedom. David was accepted into the Inter-service Physician Assistant Program (IPAP) in 2014.

In 2016 LTJG Metcalf graduated IPAP receiving a Masters of Physician Assistant Studies from the University of Nebraska Medical Center. Following graduation LTJG completed ODS and was subsequently assigned to 8<sup>th</sup> Marine Regiment. David deployed to Afghanistan in support of Operation Resolute Support in 2018.

David was married to Jamie Manuel Metcalf and was the father of Franklin Thomas Metcalf. He was a devoted father and husband and took great pride in his family. David's selfless service to family, teammates, and country was his anthem. He was a rock leaned on by many and an example for all.

LTJG Metcalf's personal awards include the Navy and Marine Corps Commendation Medal (with Gold Star and Combat C designation), Navy and Marine Corps Achievement Medal (with Silver Star and Combat V), Combat Action Ribbon (with Gold Star), Iraq Campaign, Afghanistan Campaign ribbons, as well as multiple unit and service awards.







### U.S. NAVY MEDICAL SERVICE CORPS

Medical Service Corps Director, RDML Anne M. Swap, MSC, USN

Bureau of Medicine & Surgery Office of the Medical Service Corps (M00C4) 7700 Arlington Blvd, Ste 5135 Falls Church, VA 22042

Phone: 703-681-8548

DSN: 761-8548 Fax: 703-681-9524

Email: MSC Corps Chief's Office

The Medical Service Corps supports Navy Medicine's readiness and health benefits mission. It is the most diverse Officer Corps in Navy Medicine with 31 specialties organized under three major categories:

Healthcare Administrators, Clinical Care Specialties, and Healthcare Scientists. There are over 3,000 active and reserve MSC officers that serve at Military Treatment Facilities, on ships, with the Fleet Marine Force, with Seabee and special warfare units, in research centers and laboratories, in a myriad of staff positions with the Navy and Marine Corps, and with our sister services around the world.

### CORPS CHIEF'S OFFICE STAFF

#### **Deputy Director**

CAPT Ray Stiff, MSC, USN Comm: (703) 681-8547 DSN 761-8547

raymond.d.stiff.mil@mail.mil

#### **Career Planner**

CAPT Jeffrey Klinger, MSC, USN Comm: (703) 681-8915 DSN 761-8915 jeffrey.j.klinger.mil@mail.mil

#### **Policy & Practice**

CAPT Olaitan Ojo, MSC, USN Comm: (703) 681-8896 DSN 761-8896 Olaitan.f.ojo.mil@mail.mil

#### **Reserve Affairs Officer**

CAPT Michael Medina, MSC, USN Comm: (703) 681-8904 DSN 761-8904 michael.j.medina5.mil@mail.mil

#### **Executive Assistant/Action Officer**

LT Tammy D'Alesandro, MSC, USN Comm: (703) 681-8924 DSN 761-8924 tammy.l.dalesandro2.mil@mail.mil

#### Liaison Officer

LT Beau Tice, MSC, USN Comm: (703) 681-9257 DSN 761-9257 beau.r.tice.mil@mail.mil



MANY SPECIALTIES - ONE CORPS!

